



The *Team OGI* Facilities have plenty of equipment and mats to ensure a safe, enjoyable learning experience.

## OGI has so much to offer your child!

Preschool "Jungle Gym"  
Recreational Gymnastics Classes  
Recreational Cheerleading Classes  
Competitive Teams  
Birthday Parties  
Private Lessons  
Equipment  
Safety  
Fun

Many discounts on lesson fees  
A fully stocked Apparel Store  
Open Gyms for extra practice  
Playroom for family and friends  
Adult Gymnastics Classes  
Adult Fitness Center  
Clean, comfortable Observation Room

**Stop by today and see the area's best opportunity for your gymnasts' healthy and happy gymnastics experience!**

THE OHIO GYMNASTICS INSTITUTE, INC.  
5701 WEST WEBB ROAD  
YOUNGSTOWN, OH 44515

# The Ohio Gymnastics Institute



## Where your child can become the Future of Gymnastics!

Our goal is to provide your child with the highest quality of instruction possible, coupled with a level of involvement which is appropriate for a developing child at a price which is reasonable and fair.

**CALL TODAY!**

**330-652-4386**

**FAX- 330-652-4387**

**E-mail:**

**TEAMOGI@aol.com**

**On line:**

**www.MyTeamOGI.com**



## Recreational Gymnastics

*(Children in first grade and older)*

At the **Ohio Gymnastics Institute** your child can be a part of the Future of Gymnastics RIGHT NOW! We offer your gymnast an opportunity to receive awards for his or her accomplishments through the National Gymnastics Skills Test Program (NGSTP). With the NGSTP your child's name is included on a skills chart which is displayed in the waiting room. When the chart has been completed your child will earn a trophy and may move up to the next level of instruction. This allows you and your child the opportunity to monitor progress and eliminates confusion regarding what your child needs in order to be ready to advance to the next level of instruction. Gymnasts may choose to participate in our Intra-Class Competitions (offered three times per year) and enjoy a competitive experience with other members from our program of the same age and skill level.

The 4 levels of Recreational Gymnastics Instruction which **Team OGI** offers are:

**-Beginner**

**-Novice**

**-Intermediate**

**-Advanced**

A brief description of each program follows.

## Beginner Gymnastics

No previous experience is necessary in the Beginner Gymnastics Classes. Children must have entered the first grade and may join the program at any time during the year. These classes are not co-ed and introduce your child to the 4 women's or 6 men's Gymnastics apparatus as well as Trampolines, Climbing Ropes and Tumble Track. Gymnasts begin developing basic skills and are automatically included in the NGSTP - an awards program designed to help you and your child understand which skills are necessary as building blocks for higher level gymnastics skills. Class size is limited to 10 students.

*Classes last one hour*

## Novice Gymnastics

Previous experience is required to enter these classes. Gymnasts must have either passed the Beginning Level of the NGSTP or have been evaluated by one of our staff prior to beginning instruction at this level. These classes are not co-ed and work on a more refined, complex set of skills and routines. Strength and Flexibility become more important at this level. Class size is limited to 10 students.

*Classes last one hour & 15 minutes*



## Intermediate Gymnastics

Extensive experience in formal gymnastics training is required for these classes. Gymnasts at this level typically have a working knowledge of the USA Gymnastics Level 4 girl's and boy's routines and skills. Gymnasts study the current USA Gymnastics Level 5 routine elements and higher. These skills and their associated routines require a level of fitness as well as an attention to detail which is difficult for the average student to master. The challenge of meeting specific performance standards sparks each student to strive for perfection. Class size is limited to 10 students.

*Classes last one hour & 30 minutes*

## Advanced Gymnastics

Gymnasts at this level of class are training to their highest potential. These gymnasts must maintain a very high level of fitness as the skills and routines which they are training require a great deal of strength and flexibility. Skills are tailored to the specific needs of each student and the level of intensity and effort is controlled by the athlete in a non competitive atmosphere. This level of training is ideal for those who wish to work very high levels of skill difficulty in a safe, pleasant, enjoyable atmosphere.

Class size is limited to 10 students.  
*Classes last one hour and 45 minutes*